

Sunrise Senior Center 10650 W. Oakland Park Blvd. Sunrise, FL 33351

The Sr. Center will be Closed 9/5 for Labor Day.

CURRENT RESIDENT OR



PRSRT STD US POSTAGE PAID FT. LAUD. FL PERMIT NO. 825

Sept/ Oct 2011

10650 West Oakland Park Boulevard | 954-746-3670 | www.sunrisefl.gov

SUNRISE SENIOR CENTER

Programs & Events

The Senior Center is closed on Saturday and Sunday.

Sunrise Senior Center Presents a Great Getaway to:

St. Augustine & Jacksonville

December 5, 6, 7, 2011

Deluxe Motor Coach with Restroom & DVD 2 Night Stay at the Country Inn and Suites Continental Breakfast with Make Your Own Waffles Dinner & Show "A Christmas Carol" Admission to the Florida Heritage Museum

Chinese Lunch Buffet Sit Down Dinner at Barnacle Bills Welcome Gift Bag 2 Day On/Off Pass for City Trolley 1 Hr Private Trolley Tour in St Augustine

Visit to Anheiser Busch Brewery w/Tour & Free Samples All Taxes, Gratuties, Tips for Drivers and Baggage Handling for one bag

Open House Registration for trip: September 13, 9:00am – 12:00 noon

Get trip details & meet the Tour Company Representative Deposit: \$50.00 per Person due at Registration Balance Due: November 1, 2011 \$277.50 per Person Based on Double Occupancy \$358.50 per Person for Single Occupancy A minimum of 40 people must be reached for this trip to be held Cancellation Insurance Additional \$20.40 double & \$36.00 single





AN EVENING UNDER THE STARS

Wednesday, November 16, 2011

Follow the stars & hundreds of twinkling lights to this one time event that will lead you to the quaint jazz club setting at the Sunrise Civic Center Amphitheatre. Enjoy the beautiful sounds of a live band & 30 minute show. A delicious dinner will be served. B.Y.O.B (An optional \$5 transportation fee) Limited tickets available. Ladies no heels for this event. *In case of inclement weather on the day of the event, the event will be held indoors at the senior center. Members \$20/ Guests \$22 280831A

November is Alzheimer Awareness Month

Join us for ... Alzheimer Awareness Lecture

Wednesday, November 9th 10:00 am- 11:00 am

Presented by: Dr. Murray Todd M.D.,

Medical Director of the North Broward Memory Disorder Center

Dr. Todd will be presenting an informative session for the public about understanding Alzheimer's disease, how medical research has improved the treatment of the disease and new strategies for providing care. Sign up now.

Monday	Tuesday	Wednesday	Thursday	Friday	{ADN AON
9:00 a.m 10:30 a.m. Sunrise Woodcarvers & 9:00 a.m 10:30 a.m. Walk Your Way to Health 9:30 a.m 12:00 p.m. Open Gametime 11:00 a.m. (Start Time) Classic Movies 12:30 p.m 2:30 p.m. Intermediate Beading 1:00 p.m.—2:30 p.m. Spanish 2:00 p.m 4:00 p.m. Monday Dance Mixer (A current Sunrise Senior Center membership card must be shown for entrance to the dance)	9:00 a.m 9:30 a.m. Tai Chi Program #180858A (must be a registered member) 9:00 a.m 12:00 p.m. Mah Jongg Class Program #180809A 9:30 a.m 10:30 a.m. Senior Aerobics Program #180857A (must be a registered member) 9:30 a.m 11:00 a.m. Open Computer Lab 10:00 a.m 12:00 p.m. Beginners Beading 12:00 p.m. (Start Time) New Release Movies 1:00 p.m 3:00p.m. Beginners Computer Class	9:00 a.m.—10:00 a.m. Beginners French 9:30 a.m 10:30 a.m. Walk Your Way to Health 9:30 a.m 12:00 p.m. Senior Bowling League Strikers Lanes 11:00 p.m. —12:00 p.m. Laughter Club 4th Wed. 12:30 p.m 3:30 p.m. Bridge - Open Play 1:00 p.m 3:00 p.m. Intermediate Computers 1:30 p.m 3:30 p.m. Intermediate Painting 2:30 p.m 4:00 p.m. Singles Club	9:00 a.m.—10:00 a.m. Seginners Line Dancing 9:30 a.m 11:00 a.m. Bereavement Support Group 10:00 a.m 11:00 a.m. Coupon Club 10:00 a.m 11:00 a.m. Gardening Club 10:00 a.m 12:00 p.m. Line Dancing 10:00 a.m 1:00 p.m. Free Eyeglass Repair 12:30 p.m 3:30 p.m. Open Gametime 12:30 p.m 4:00 p.m. Non-Sanctioned Duplicate Bridge (Burgundy B) 1:00 p.m.—2:30 p.m. ESOL	9:00 a.m 9:30 a.m. Tai Chi Program #180858A (must be a registered member) 9:30 a.m 10:30 a.m. Stretch & Hand Weight Training Program #180856A (must be a registered member) 10:00 a.m 12:00 p.m. Chess Club (Arts & Crafts Room) 1:00 p.m 2:30 p.m. Choral Group & Bingo 1:30 p.m 3:30 p.m. Beginners Painting	No tice a.m. G Member for a retheir I *You member *Any two tice When number Non-rewith the sign of the sign of the within made and the sign of the s
Remember we are closed on Labor Day!	1:00 p.m 3:00p.m. Sewing Creations Program #180819A 1:00 p.m 3:00p.m. Advanced Beading	TUESDAY EVENINGS 6 p.m. New Release Mov 6 - 9 p.m. Open Game Room 6:30 - 8:30 p.m. Computer Class 7 - 9 p.m. Scottish Dancing 3rd Tuesday Sunrise Orchid Socie 4th Tuesday American Legion Pos	n,Woodcarving , & Dart League		act as provide Please Refunderefund

Trip & Ticket Policies

No tickets will be sold before the published sale date. **Sales commence at 8:30 a.m.** Current I.D. cards must be presented for any transaction.

Members **MUST** be present to purchase tickets. You may, however, buy a ticket for a member who resides in the same household as you, provided you present their I.D. card. Both tickets will be charged the member rate.

*You may purchase one additional ticket (at the higher guest price) for each member ticket purchased.

*Any person purchasing tickets will only be allowed to purchase a maximum of two tickets per person per event regardless member/guest status.

When purchasing tickets, please indicate the full name, **birth date and phone number** of your guest.

Non-members may purchase tickets, based on availability, at a later date. Check with the front desk for open sale dates.

If you purchase a ticket and later sell or give it to someone, you must contact a Senior Center staff member to make a name change on our master roster.

If you require wheelchair accommodations for a trip, you must inform us at sign up time. (Be sure this is noted on your registration form)

When you are called about a food choice for a trip, you must return the call within 2-3 days; otherwise a choice will be made for you. No changes can be made 7 days prior to the trip or at the restaurants.

Trips departing before 3:30 p.m. leave from the Civic Center east parking lot

A Group Leader is available on most trips. In their absence, the Bus Driver will act as Group Leader. The Group Leader checks all participants in and assists in providing you with the best possible experience.

Please occupy the same bus seat on the way to and from an event.

Tuesday New Delease Movies - 12:00 noon

Refund Policy: The City reserves the right to retain fees to cover expenses non-refundable to the City.

f a minimum number of people is not reached the program may be cancelled.

Monday Classic Movies - 11:00 AM

At The Movies

	Meliday elassie met	103 11				<i>,</i> , _ `	0,200	idojudy		Release Mevies 12000 ii	
9/5	Closed for Labor Day		10/31	The Haunting	1995	9/6	Limitless	PG-13	10/4	Source Code	PG-13
9/12	At First Sight	1998		Adian Quinn, Kate Beckinsale	107 min.		Bradley Cooper, Anna Friel	105 min.		Jake Gyllenhaal, Michelle Monogha	n. 93 min.
	Val Kilmer, Mira Sorvino	129 min.	9/19	The Unforgiven Burt Lancaster, Audrey Hepburn	1960 123 min.	9/13	The Lincoln Lawyer Matthew McConaughey	R 118min	10/11	Adjustment Bureau Matt Damon, Emily Blunt	PG-13 106 min.
10/10	The Pink Panther Peter Sellers, David Niven	1964 120 min.	9/26	Prizzi's Honor	1985		Marisa Tomei		10/10	•	
10/17	Grease John Travolta, Olivia Newton John	1977 110 min.	10/3	Jack Nicholson, Kathleen Turner On The Riviera	129 min. 1951	9/20	Unknown Liam Neeson, Diane Kruger	PG-13 113 min.	10/18	Something Borrowed Kate Hudson, Ginnifer Goodwin	PG-13 112 min.
10/24	Billy Rose's Diamond Horseshoe Dick Haymes, Betty Grable	1945 125 min.		Danny Kaye, Gene Tierney	130 min.	9/27	Arthur Helen Mirren, Russell Brand	PG-13 110 min.	10/25	Bridesmaids Kristen Wiig, Maya Rudolph	R 125 min.

Social Services & Wellness Programs

The Special and Community Support Division provides information and referral regarding available state, and county social service programs. An emergency food pantry and medical equipment loan-out is available for Sunrise residents who may need temporary assistance due to loss of employment or other financial issues. Outreach is available for homebound residents. For further information, contact the social worker at 954-746-3670.

Program Date (s) Dav Time Registration Begins Broward Health Mammovan-cancelled due to budget restrictions. **Memorial Regional Mammovan** 10:00 am-2:00 pm. \$99.00 Call for Appt. Must be a woman 35 years or older, have a written order from your physician/provider. Call the hospital for an appointment 954-276-5595. **Emergency Food** Ongoing mornings Free Call for Appt. TH **Pantry** afternoons Free Call for Appt. The City of Sunrise operates an Emergency Food Pantry with canned goods for Sunrise residents in need. Visits are limited to no more than once every 3 months, by appointment only & must be arranged with the Social Worker. For information, call 954-746-3682. TH 9:30 am-11:30 am Bereavement Weekly Free Ongoing This group is facilitated by a professional grief counselor, and is a valuable source of support for **Support Group** those dealing with grief and mourning. **Blood Pressure Check** 9/9, 10/14 10:30 am-11:30 am Walk-ins welcome (Sunrise Fire/Rescue) F **Property Tax** 9/9, 10/14 10:00 am -11:30 am Free Walk-ins welcome **Exemption Assistance** Representatives from the Broward Property Appraiser's office will help taxpayers apply for homestead and other property tax exemptions, including those for seniors, widows/widowers, the disabled, and veterans. Bring a Florida Drivers License or ID card; a Broward voter registration card or declaration of domicile; Social Security numbers of all owners; and a copy of the recorded deed or tax bill. Resident aliens must bring a permanent resident green card or proof of asylum. Veteran's Advisor 9/9, 10/14 9:00 am-12:00 pm Free Walk-ins welcome Broward County Veteran's Services will have a representative at the Senior Center to provide assistance to veteran's and their widows, dependents and dependent survivors, regardless of age or other status. Services are focused on attainment and/ or maintenance of self-sufficiency. Services include: referral and linkage & benefits and claims processing. 10:00 am-11:30 am Free Call for Appt. **Balance Screening** This screening will help older adults know if they are at risk of falling. Discover what steps you can take in your home and outside to ensure your safety. Sign up at the front desk or call the Senior Center. Feel Good BINGO 10:00 am- 11:30 am Free Call to sign-up

Feel Good BINGO is a game (developed by the National Depression Screening Day organization) that is designed to explain the symptoms of anxiety & depression and necessity to get screened. It is easy to play and there are prizes! **CARFIT** 9:00 am-1:00 pm Free Call for Appt. CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them. At the CarFit event a team of trained technicians and/or health professionals work with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety.

Senior Trips



September Trips –Call for availability

Marlins vs. Mets 5:45 pm – 11:00 pm \$19/\$21 180837A

Enjoy an all American sport at its finest.

Stagedoor Theater "A Funny 12:45 pm - 4:30 pm \$35/\$37 180808A 9/14

Thing Happened on the Way to the Forum

Tickets are limited! Don't miss one of the funniest comedies ever written. This is the perfect escape from life's troubles. This non-stop laugh fest is an uninhibited romp of puns, gags & surprises.

Aventura Mall TH 9:00 am - 2:30 pm \$5/\$7 180846B

Enjoy great shopping at one of South Florida's best malls & dine with indoor comfort.

October Trips - On Sale to Members 9/2; Non-Members 9/9

Diva Duck Tour & lunch 10/5 8:00 am - 3:00 pm \$22/\$24 280844A on your own at City Place Ever been on a bus ... that's also a boat?! Drive around town, and then drive straight into the water! The Diva Duck's innovative design will give you a unique view of West Palm Beach, a town known for both beautiful historic landmarks and majestic natural scenery. Physical ability to climb a few steps is required to get into the vehicle.

Hard Rock Casino 10/13 8:15 am - 3:30 pm \$5/\$7 280826A TH

\$15 free play; \$5 towards meal. All promotions are subject to change

Coral Springs Center for the Arts 10/22 SA 6:30 pm - 11:00 pm \$48/\$50280839A "Battle of the Boro's" Legends of Doo Wop at its best... Representing Manhattan: "Since I Don't Have You" & "Could this be Magic" VS. Brooklyn & The Bronx: "Da Doo Ron Ron", "Stormy Weather" & much more. Don't miss your chance to get your tickets.

Boca Raton Museum of Art 9:00 am - 2:30 pm \$7/\$9 280841A & lunch on own at Mizner Park Indulge in a day of fine art, a Latin American exhibit & then stroll through the beautiful gardens. Afterwards enjoy lunch on your own at Mizner Park.

November Trips -On Sale to Members 10/3; Non-Members 10/10

Palm Beach Maritime 11/3 TH 9:30 am - 3:30 pm \$16/\$18280848B Start out with a water taxi ride to Peanut Island where you will have a Museum & Peanut Island guided tour of Peanut Island. Experience the Kennedy bunker, maritime museum, coast guard house & the coast guard boat house. Afterwards enjoy lunch on your own at the Tiki Waterfront Sea Grill.

Ellie's Grand Flamingo Ballroom 11/6 SU 5:15 pm – 10:30 pm \$35/\$37 280850A "Murder at the Movies" One never knows who will show up or what will happen at this exciting "interactive" show! Great dining, music, surprises, excitement & awards.

11/15 **Boca Town Center** TU 9:30 am - 2:30 pm \$7/\$9 280846A With the holidays just around the corner here's your chance to shop at one of South Florida's popular malls. Enjoy lunch on your own at one of the many great restaurants.

Coconut Creek Casino 11/29 9:15 am - 3:00 pm \$5/\$7 280826B \$15 free play; & \$5 food voucher. On day of ticket purchase be sure to have your players club card # available. Must bring a valid photo ID day of the trip, packages are subject to change.

Sept / Oct Classes & Programs

Program	Date(s)	Day(s)	Time	Registration (Members, Non-M	Fee Iembers	Program#
AARP Safe Drivers Course	Bring a check to 9/21 & 9/22 10/19 & 10/20 11/16 & 11/17	W&TH W&TH	e payable to AARP. (Fee 9:00 am – 1:00 pm 9:00 am – 1:00 pm 9:00 am – 1:00 pm	`		,
Beginners Beading			the instructor. Please st enter membership requir 10:00 am – 12:00 pm 10:00 am – 12:00 pm 10:00 am – 12:00 pm			
Intermediate Beading			n the instructor. Please st enter membership require 12:30 pm – 2:30 pm 12:30 pm – 2:30 pm 12:30 pm – 2:30 pm			
Advanced Beading			n the instructor. Please st enter membership require 1:00 pm – 3:00pm 1:00 pm – 3:00pm 1:00 pm – 3:00pm			
Beginners Line Dancing	Ongoing It's finally here	TH ! Join us we	9:00 am - 10:00 pm ekly to learn how to line	Walk-in dance.	Free	
Book Club friends. Light refreshm			I the book, examine & di	iscuss the story with	a friendl	y group of new
"Solomons Oak" By Jo-Ann Mapson	9/23	F	11:30 am—12:30 pm	Walk-in	Free	
"House Rules" By Jodi Piccoult	10/28	F	11:30 am—12:30 pm	Walk-in	Free	
Bunco Party Take your chance to wi	11/17 in prizes while pl		1:30 pm – 3:00 pm sy dice game. Light refre		\$5/\$7 red.	280818A
Choral Group If you enjoy singing &	Weekly giving joy to oth	F ers this is th	1:00 pm—2:30 pm e group for you. Join the		Free mers tod	ay.
Computer Programs 62. Senior Center mem	•	-	rements the computer prosess.	ograms are for Sunri	se Resid	ents over the age of
Open Computer Lab	Weekly (Senior Center	TU membership	9:30am – 11:00am not required for open la	Walk-in b)	Free	180806A
Beginners Computers	10/4 - 11/8 10/4 - 11/8	TU TU	1:00 pm – 3:00 pm 6:30 pm – 8:30 pm	9/1 9/1	Free Free	280802A 280802B
Intermediate Computers	10/5 – 11/9	W	1:00 pm – 3:00 pm	9/1	Free	280803A
Monday Dance Mixer entrance to the dance)	Weekly	M	2:00 pm – 4:00 pm shments weekly. (A curre	Walk-in	Free	ard must be shown for

Exercise Classes

Tai Chi is a great way to improve your balance and help prevent falls. Senior Center membership is required. (Maximum 24 students per class.) All classes held 9:00 - 9:30 a.m.& are free.

	Date	Day(s)	Registe	er Prog.#	Date	Day(s)	Registe	r Prog.#
	Sept	TU	8/2	180858C	Sept	F	8/2	180858D
	Oct	TU	9/1	280858A	Oct	F	9/1	280858B
	Nov	TU	10/4	280858C	Nov	F	10/4	280858D
Aerobics	Senior Center	members	ship is re	quired. All classes held 9:30 -	10:30 a.m.	(Maxim	num 24 s	tudents per class.)
	Sept	TU	8/2	180857B	Sept	F	8/2	180856B
	Oct	TU	9/1	280857A	Oct	F	9/1	280856A
	Nov	TU	10/4	280857B	Nov	F	20/4	280856B

Program	Date(s)	Day(s)	Time	Registration (Members, Non-N	Fee Members)	Program#
Green Thumbs Flower Arranging	(Due to grant 9/28		ents this class availab 10:30 am—11:30 an		esidents age 62+ \$3/\$5	180815C
Laughter Club This special class teach provides us with import dote to many of the illn a qualified instructor	hes us to improve tant natural defendesses causing str	e our ovenses again	nst physical and menta	the benefits of laugh al illnesses • Laughi where people go to	nter. Studies pro ng has been show o laugh stress awa	vn to be a natural anti-
Language Classes over the age of 62).			ements the Spanish &			Sunrise Residents
Beginners Spanish ESOL English as a Second I	10/3- 11/21 10/6 – 12/1 Language	M TH	1:00 pm – 2:30 pm 1:00 pm – 2:30 pm		Free Free	280821A 280817A
Beginners French Enjoy learning the Fre travel & the fine taste	~ ~	W ught by F	·		Free out their culture,	discuss great places to
Painting Classes Beginning Painting	10/7 – 11/18	F	1:30 pm – 3:30 pm		\$10/\$12	280811A
Intermediate Painting	10/5 – 11/8	W	1:30 pm – 3:30 pm	9/1	\$10/\$12	280820A
Scottish Dancing Learn the traditional de			7:00 pm – 9:00 pm perience or partner re		Free	
Senior Bowling League istered members of the	~			e paid to Strikers th	e day of play. A	ll players must be reg
Women's Bocce Club Bocce is played at the	Nob Hill Soccer	Comple	x. All players must be	e registered member		180855A Senior Center. For

details of exact start date & any other information please contact Barbara Watson at 954-742-7492